

Border Eagle

Vol. 53, No. 26

Laughlin Air Force Base, Texas

June 30, 2005



Photo by Airman 1st Class Olufemi A. Owolabi

A wet farewell...

Col. Keith Traster, 47th Flying Training Wing vice commander, returns fire and hoses down his family members and Col. Tod Wolters, 47th FTW commander, who gave him a wet welcome as

he returned from his final flight in the U.S. Air Force Friday. It's tradition that pilots are baptized with champagne and a fire hose upon their return. Colonel Traster retired from the Air Force in a ceremony Monday at Club XL. He is succeeded by Col. Thomas Arko.

T-38 maintenance trims fat from inspection process

By Master Sgt. Anthony Hill
Public Affairs

A team of about 20 T-38 maintenance experts gathered here last week in an effort to streamline Laughlin's periodic inspection process.

Representatives from various Air Education and Training Command bases, AETC headquarters logistics, and the Ogden Air Logistics Center at Hill Air Force Base, Utah, joined members of the 47th Maintenance Directorate, Logistics and Del-Jen for a value stream analysis, the first stage of what's referred to as the Lean process.

The primary objective of the

analysis, conducted here June 20 through Friday, was to create a plan to reduce waste, or non-value added steps, from the T-38 periodic inspection process.

Lean, primarily a commercial manufacturing process developed by the Toyota company, is being used by the Air Force to improve processes in a variety of areas that support the overall mission.

Laughlin is one of only three lean events in AETC funded this year by Headquarters Air Force Installations and Logistics. The other two include MH-53 helicopter phase inspection at Kirtland AFB, N.M., and course development being done at Lackland AFB for AETC technical training.

This is the first time a lean event has been conducted at Laughlin, and the first time it has been done on training aircraft, according to Philip Pulliam, T-38 aircraft maintenance division chief and team chief for the value stream analysis.

A value stream analysis consists of everything that goes into creating and delivering the "value" to the end customer... in this case, a fully inspected and operational T-38 to the flight line.

Laughlin has three inspection phase docks where each works on one aircraft at a time. The plan's major

See 'T-38,' page 4

Newslines

Commander's Access Channel receives facelift

Laughlin's Commander's Access Channel received a facelift June 20 when a new system went on-line.

Now, base members subscribing to TimeWarner Cable can tune to channel 34 and receive updates and information on Laughlin events and services in a more vivid and legible format.

Scheduling includes Pentagon Channel programming from 6 a.m. to noon and 6 p.m. to midnight seven days a week with local base slides running from noon to 6 p.m. and midnight to 6 a.m.

Base slides give daily weather updates, education information, Family Support Center programs, Services events, safety information and more.

To see what will be playing on the Pentagon Channel time slots, check out the central time zone schedule at <http://www.pentagonchannel.mil/>.

Deployment stats

| | |
|-----------------------|----|
| Deployed: | 61 |
| Returning in 30 days: | 1 |
| Deploying in 30 days: | 0 |

Mission status

Mission capable rate
(As of Tuesday)

| | |
|------------|--------------|
| T-1, 85.1% | T-38A, 86.6% |
| T-6, 90.6% | T-38C, 73.7% |

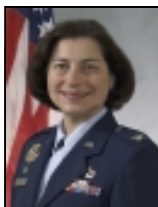
Alcohol-related incidents

January to June 2004 8

Jan. 1 to June 29, 2005 13

Days since last incident 81

There's comfort, strength in 'Sound of Freedom'



Commander's Corner

By Col. Teresa Daniell
47th Mission Support Group
commander

One chaotic morning in early Spring years ago when my daughter was about 4, as we were rushing about getting ready to go somewhere, I was feeling distracted by a noise outside from some repair work—it mingled with the noise of the television and other clatter in the household to create a relentless cacophony that was grating. My daughter came up to me, smiling and bright-eyed, and said, "Mommy, do you hear that?" I looked at her in surprise, trying to figure out why she was smiling. She said "it's a bird singing." I listened very carefully and I heard it too! What a lesson. Sometimes we have to listen all the more carefully to hear the music above the din.

Fortunately, there are lots of harmonious, wonderful sounds of people working and playing on Laughlin Air Force Base. The

sound I personally like the best here is the sound of the planes flying! There is both comfort and exhilaration in the sound for me. I know you've all heard military jet noise called the "sound of freedom." Well, that's the comfort part for me because it is that sound that is one representation of our Air Force as a service in particular and of American military might in general. There is strength in the sound of Air Force jet noise. We know we are protected. We know we are capable. There is comfort in that knowledge.

Moreover, our sister services express the same relief and reassurance in the sound. Accounts of military battles are replete with anecdotes of our ground forces rallying at the sound of Air Force jet noise. An account I read recently of a mission in Afghanistan is just one example of what I write: A team of soldiers from the 101st Airborne Division were escorting a convoy to a remote area of Afghanistan when they were trapped in a canyon ambush. Fortunately, they were rescued from their attackers by A-10s sent in for close air support. In one soldier's words, "We could hear the A-10s come in. It was like

Christmas—the happiest moment of my life."

I'm sure I would find as many accounts from our allies and friends around the world, communicating the same feeling of gratification at hearing the sound of American military power when we have partnered together to right a wrong.

The constant sound of the T-6s, T-1s, and T-38s in the big Texas sky above is mesmerizing. I can drift off to sleep lulled by the sound when we are night flying. My dog stands in the back yard and is so intent on watching a T-6 in the sky over housing she doesn't hear me approach from behind her...probably not good for a watchdog, but certainly understandable under the spell of the jet noise.

I said the sound was exhilarating, too. Well, that sense of exhilaration I feel when I hear the planes comes from knowing the mission support group directly helped create that sound. All the groups can make the same claim...and that's the beauty of this team called XL. MSG supports and protects the people who fly those planes—and their families—so they have the peace

See 'Freedom,' page 3

Traveling with pets is simple with a few pointers

By Capt. Denise Burnham
39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey--I made all the right phone calls, talked to all the right people, and made a list of who I talked to and checked it twice. After all, we had never been stationed overseas with pets in tow.

From everything I read, it seemed like traveling with a pet was equivalent to traveling with a live Ebola virus and we were nervous about it.

Despite all the preemptive phone calls I made to ensure my pets' safe travel, I received some erroneous information by the time we arrived at the Baltimore-Washington International Airport

Air Mobility Command passenger terminal — I found checking the list once or twice was not enough ... and so our saga began.

When we PCS'd last month from Randolph Air Force Base, we began our journey on a commercial airline. They required specific kennel dimensions for pets to ride in the cabin, as do most major airlines. Having a 10-pound Yorkshire terrier, "Ralphie," and a four-pound Maltese, "Giselle," we were definitely worried about their safety. I knew Giselle, being the lap dog she is, would have a heart attack flying from Texas to Turkey underneath the aircraft. I knew no amount of sedatives in the world would help her on the flight. That is when I

made my first call.

I called my local traffic management office at Randolph AFB; and they booked both pets in the cabin with us on all four flights. I called the commercial airline; and they said I must have kennels with certain dimensions that fit under the seat.

I went to the local pet supply store and selected expensive and elite pet travel carriers accepted on almost all major airlines, according to my hours of Internet research. Nothing but the best for our pets.

Once Ralphie and Giselle had their airline-approved travel bags, my husband and I put the dogs

See 'Pets,' page 3

Border Eagle

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Editor

The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News-Herald, a private firm in no way connected with the U. S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

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Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing. All photographs are Air Force photographs unless otherwise indicated.

Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: **olufemi.owolabi@laughlin.af.mil** or **sheila.johnston@laughlin.af.mil**.

Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Actionline

Col. Tod Wolters
47th Flying Training
Wing commander



Call 298-5351 or email
actionline@laughlin.af.mil

One way to work through problems that haven't been solved through normal channels is the Commander's Actionline.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved.

When calling or e-mailing the Actionline, please keep messages brief and remember to include your name and phone number so you are assured of a timely personal reply. Contact information is also useful when additional information is needed to pursue your inquiry.

We will make every attempt to en-

sure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

| | |
|----------------|----------|
| AAFES | 298-3176 |
| Finance | 298-5204 |
| Civil Engineer | 298-5252 |

| | |
|--------------------|----------|
| Civilian Personnel | 2985299 |
| Clinic | 298-6311 |
| Commissary | 298-5815 |
| Dormitory manager | 298-5213 |
| EEO | 298-5879 |
| FWA hotline | 298-4170 |
| Housing | 298-5904 |
| Information line | 298-5201 |
| Legal | 298-5172 |
| MEO | 298-5400 |
| Military Personnel | 298-5073 |
| Public Affairs | 298-5988 |
| Security Forces | 298-5900 |
| Services | 298-5810 |

Cable line problem

Question: We have a problem with our cable line.

About three months ago, when they were finishing up the sidewalks and some equipment was used to even out the property next to the sidewalk, our cable line was cut. For three months there has been a wire strung from the box across the sidewalk and then along our fence all the way around making a dangerous situation.

We tried to find out who to talk to on base and finally talked

to TimeWarner at least 10 times. They said they were going to come out immediately. Nobody has come out, and it's been three months.

We had the gas lines painted on our lawn twice, but the grass has been mowed several times and the lines are no longer there.

We need your help. This is a dangerous situation out here with this cable line going across the sidewalk behind our house.

If you could help us and let us know what we need to do, I know we are not the only house who has this problem.

Response: Thank you for drawing our attention to this potential hazard. After some research by Civil Engineering, we found that Time Warner Cable had placed the cable over the sidewalks and on the fencing to restore cable television to the residence.

With your help, CE also found three other houses with the same hazards.

When contacted, Time Warner told us they were in the process of hiring a contractor to bury the cables. Fortunately, they hired a contractor last week and went

through the process to get the employees base passes. Now that the contractors can get on base to take care of problems, they said their goal for reburying the cable is no later than Friday.

If any Team XLers find utilities on the base that pose a hazard, please contact CE Customer Service (298-5398) to mitigate the hazard.

Thank you again for setting the example of a great wingman and identifying hazards that affect the residents and the employees of Team XL.

Pets, from page 2

through traveling "boot camp" and practiced walking them around the house in their carriers and took them to public places. We were confident on PCS day that they would behave in the airport. The hard part was over, or so we thought.

We sailed through our first flight without any problems.

When we arrived at AMC at BWI, we waited in a large line with many other military families and folks deploying to various locations. We had several bags stacked up high and the dogs' carriers stacked on a pushcart. When we finally reached the counter, it turned into Ebola time. We had the wrong pet carri-

ers. AMC would not approve our dogs to board the aircraft to Turkey .

All the phone calls we made were in vain because we did not check with the proper AMC channels. To fly pets on AMC flights, they must be in a hardened kennel with specific dimensions not a soft carrier like we had purchased. Pets must be able to stand up, sit down, lie down and turn around in their carriers. After the initial shock wore off, we realized we had only three hours to solve the problem.

After a lot of begging and miles of running through the airport, we were able to secure a loaner kennel from AMC for Giselle and my husband bought a proper kennel for Ralphie at another ticket counter. Had we done our

homework and known the requirements ahead of time, we would have been better prepared and not wasted our money or time.

We folded up their fancy little traveling bags and put them in with our luggage. Giselle, in her newly issued carrier rode beneath my feet all the way to Turkey. However, Ralphie's new kennel was too big, and he was doomed to ride underneath the aircraft. He looked a little stunned when we landed in Turkey, but he made the trip none-the-less.

The hard lesson we learned with our pet PCS is to always check with the AMC passenger terminal. AMC guidelines are often different from private airlines. Just because one airline tells you something, it does not mean it is valid for military-air travel.

"Through trust and teamwork, train expeditionary airpower experts to fight and win America's wars."

– 47th Flying
Training Wing
mission statement

Freedom, from page 2

of mind and capability to do their jobs. I can say the same thing about the people who maintain those planes...they, too, can do their jobs in the knowledge that 47th MSG takes care of them and their workplace every day.

We stand guard over the entryways of this well-manicured

base (that's how a recent visitor to our base described it), and we enforce the law so people live and work in a safe environment. We repair and renovate work areas and homes to the same end.

We fix broken equipment and keep the lines of communication open on the airfield and around the base. We bring fuel to the

jets and parts to the maintainers. We feed you and take care of your children. We handle every human resources issue you face on the base.

And, if we can't do it ourselves, we contract with someone to do it for us. In those ways and many more, we keep the planes in the air so they can make the sound of freedom.

T-38, from page 1

goals include reducing the inspection turn-around time by 30 percent in 12 months, maintaining a 225-hour average time per month until the next periodic inspection, and reducing the amount of time aircraft wait for repairs by 10 percent. The group also identified 15 initiatives that will assist in achieving the goals.

The team conducted brainstorming sessions, broke the phase process down into work areas to get a better handle on the inspection phases, viewed lessons learned at other bases, looked at people's expectations, planned their current state and charted what their future state would look like.

"During the analysis, we created a future state process that has the potential of reducing steps by about 40 percent," Mr. Pulliam said. "Based on our analysis, we (found ways to reduce) the number of days it takes to do a T-38 inspection by 21 percent."

Currently it takes 27.5 days to conduct a T-38 periodic inspection. As a result of the analysis, the team set a goal of conducting it in 21.75 days.

"We really had to think of ways

to reduce waste," the team chief said. "If it doesn't add value to the product, it's waste. (We learned that) in most traditional processes, about 80 percent of the steps done by people and machines can be considered waste."

Mr. Pulliam emphasized that the goal of this process is not to make people work faster.

"It's simply to organize (the process) in such a way to eliminate that non value-added time," he said. "And, a lot of it is just waste."

The T-38 periodic inspection has traditionally required extended downtime for the airframes, Mr. Pulliam added.

"About 500 years of T-38 maintenance experience was in that (analysis) room," he said. "We just tried to think out of the box because we were also seeking ways to reduce the total time, which will improve the airframe availability on the flight line."

One positive note, highlighted through a spaghetti chart the group analyzed, revealed how efficient Laughlin is when aircraft are moved to different areas and the points where parts came off the aircraft during the process.

"It's one item mentioned as one of the most efficient ever seen," Mr.



Photos by Pat Watson

(From left) Jerry Timmerman, from Sheppard Air Force Base maintenance, and Trevor Francis from Laughlin's quality assurance section, map a spaghetti chart during last week's value stream analysis. The chart highlighted where Laughlin aircraft are moved and parts are taken out during T-38 periodic inspections.

Pulliam said.

The entire team will return Aug. 22 for the next stage of the Lean process, the rapid improvement event.

"This was a macro view of the process and everything in it," said Mr. Pulliam. "(In the rapid improvement event), we're going to go down to the micro view to see how long it takes us to do things and if there's any way we can reorganize the flow of how we do things."

Mr. Pulliam said they will continue working on the action plan between now and the time the team returns. He added that a review of technical requirements is also being conducted and will be looked at by the team during the rapid improvement event.

"We're looking at the way we do business," he said. "But, at the same time our counterparts from Ogden Air Logistics Center are taking a hard look at how often we inspect the various components. The other AETC bases are also seeing what we're doing so they can improve their processes too."

A follow up visit will take place here in September to determine how well the action plan was implemented and what else was revealed during the rapid improvement event.

"That will be the final stage," Mr. Pulliam said. "But, we will always be checking what we're doing now and what we're going to do later. It's a continuous process."



Jesse Mireles and Clemente Lopez (background), of the 47th Maintenance Directorate, work to replace a cracked wing spar on a T-38 aircraft. A crack was discovered in the wing during a periodic inspection.

CGO Council position

Laughlin Company Grade Officers are now linked to eight other bases via the Southern Division Chief for the Western Region CGO Council who was recently named from Laughlin.

First Lieutenant Sheila Johnston, 47th Flying Training Wing, was appointed by the regional CGOC staff as the Southern Division Chief June 23.

In this position, she will help unite Laughlin CGOs with a number of other organizations to continue the Laughlin CGOC mantra of “Getting it Done!”

Other bases in the Southern Division include Cannon AFB, N.M.; Davis-Monthan AFB, Ariz.; Dyess AFB; Goodfellow AFB; Holloman AFB, N.M.; Kirtland AFB, N.M.; Luke AFB, Ariz.; and Mesa Research Lab, Ariz.

The Western Region stretches from the west coast to the Mississippi River and includes 42 bases.

*Log onto
http://
www.af.mil
for the latest
news, pictures
and more from
around the
Air Force.*

1X1.5

Picture

Place



GRADUATION

Specialized Undergraduate Pilot Training Class 05-11



Capt. Derek Fischer
C-17 (AFRES)
Charleston AFB, S.C.



Capt. Roberto Nunez
C-17
Charleston AFB, S.C.



Capt. Joshua Panis
A-10 (ANG)
Bradley ANGB, Conn.



1st Lt. Christopher Carlson
C-17
Charleston AFB, S.C.



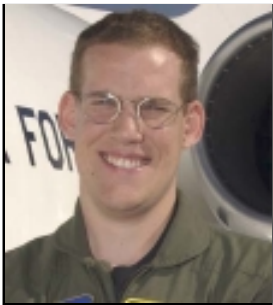
2nd Lt. Matthew Chastain
C-130 (ANG)
Louisville ANGB, Ky.



1st Lt. Ryan Cox
C-130
Little Rock AFB, Ark.



1st Lt. Nathan Denton
T-38
Laughlin AFB



1st Lt. Jonathan Flowers
C-5
Travis AFB, Calif.



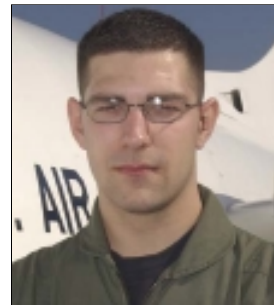
1st Lt. Nicholas LaPlant
KC-135
McConnel AFB, Kan.



1st Lt. John Sciuto
KC-135
McConnel AFB, Kan.



1st Lt. Matthew Woodfield
F-15C
Tyndall AFB, Fla.



2nd Lt. Brandon Cieloha
KC-135
Fairchild AFB, Wash.



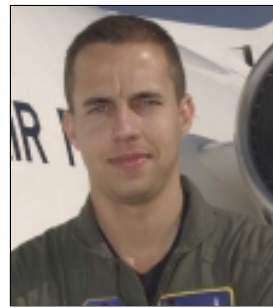
2nd Lt. Jonathan Askins
A-10 (AFRES)
New Orleans ARB, La.



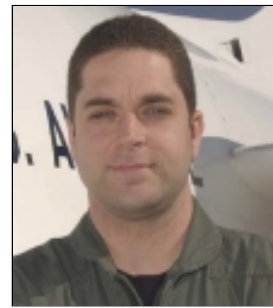
2nd Lt. Allen Clark
B-2
Whiteman AFB, Mont.



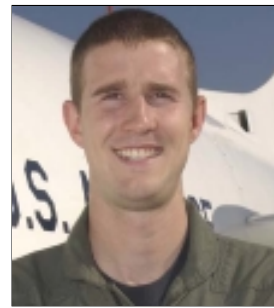
2nd Lt. Robert Curtis III
KC-135
Grand Forks AFB, N.D.



2nd Lt. Kenneth McCormick
C-17
McChord AFB, Wash.



2nd Lt. Paul Mercier
C-130 (ANG)
Baltimore AMB, Md.



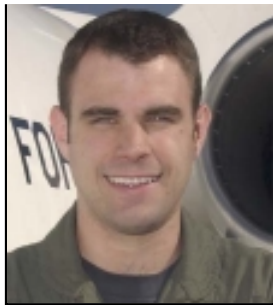
2nd Lt. Jeremy Regans
KC-135
McConnel AFB, Kan.



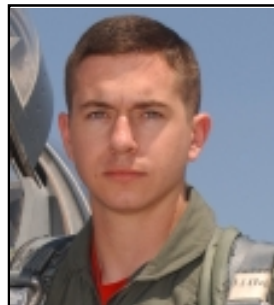
2nd Lt. Aaron Steffanus
F-16 (ANG)
Springfield ANGB, Ill.



2nd Lt. Paul Thienprayoon
T-6A
Laughlin AFB



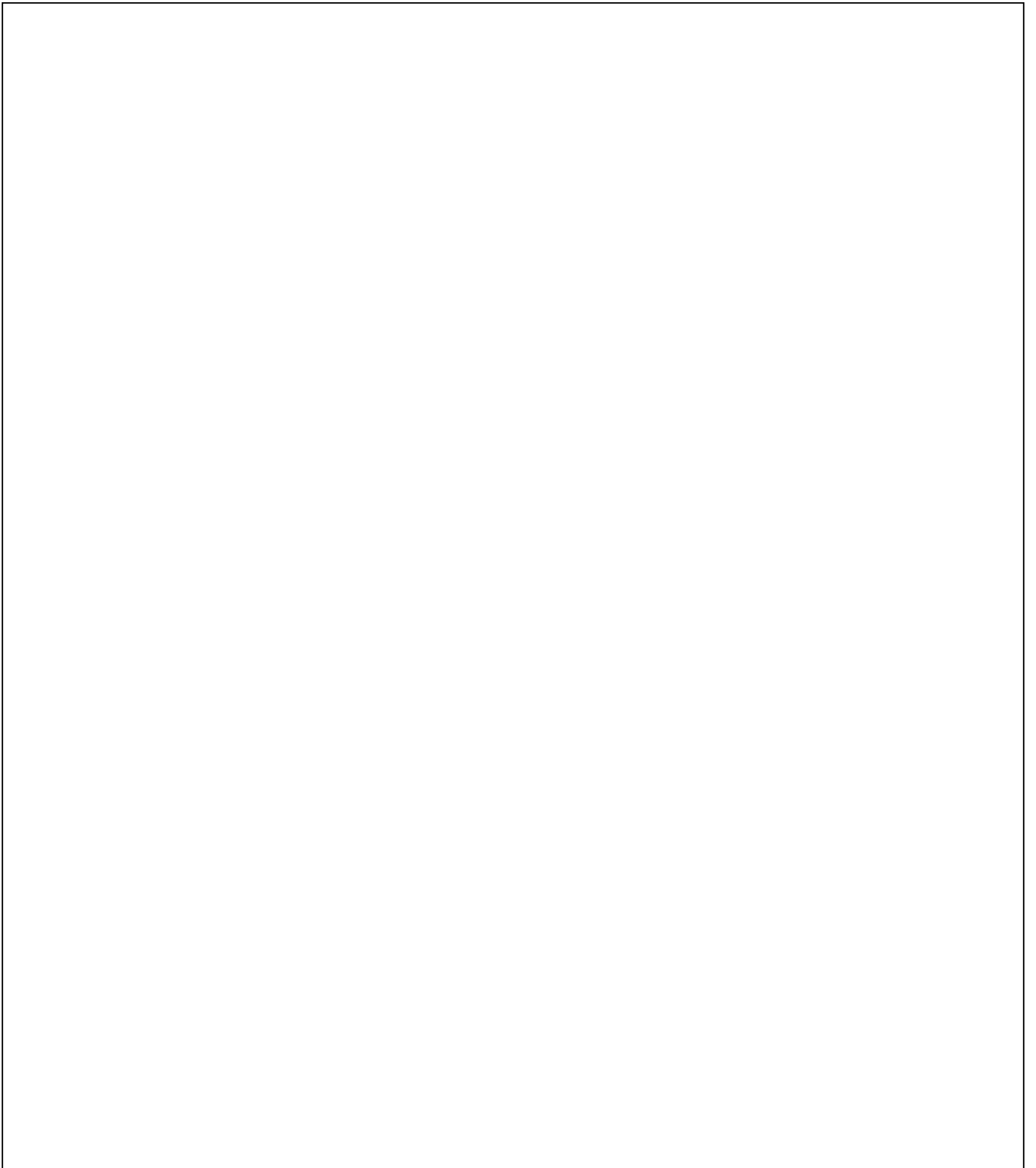
2nd Lt. Andrew Townsend
RC-135
Offutt AFB, Neb.



2nd Lt. Charles Wilkes
F-16
Luke AFB, Ariz.



2nd Lt. Alexander Winn
F-16
Luke AFB, Ariz.



Mobility bags must be packed, ready

By 1st Lt. Heather Alden
100th Air Refueling Wing
Public Affairs

ROYAL AIR FORCE MILDENHALL, England -- When most people plan to travel, they take time to make sure they have packed everything they will need for their trip. Sometimes, forgetting a toothbrush can put a damper on a vacation.

However, in the military, troops must be ready to go at a moment's notice. On a deployment to a hazardous duty area, forgetting a toothbrush might only be an inconvenience; forgetting a chemical warfare protective gear could potentially result in serious illness or death.

“With short-notice taskings, (Airmen) have to take care of many outprocessing and pre-deployment issues,” said Maj. Jeffrey Lingens, 100th Air Refueling Wing installation deployment officer here. “They may not have a whole day or even a few hours to get their bags ready. Today’s expeditionary Airmen are expected to be ready to go at all times.”

The 100th Security Forces Squadron’s Airmen here witness the importance of troop readiness on a regular basis.

“In the last two deployments, we had to change out troops within 24 to 48 hours of the team leaving,” said Staff Sgt. Wesley McMackin,

100th SFS unit deployment manager. “Troops who deploy without packing the required gear not only lack the basic tools to get the mission done but also put themselves in potentially life-threatening situations.”

There are five mobility bags -- the personal bag and the A, B, C and D bags. To

be deployment-ready, Airmen should understand what each of these bags contains and have the proper bags prepared.

All Airmen should have a personal mobility bag packed with the items they would need for 60 days. The personal bag contains the required uniforms, personal

health and hygiene items, as well as many optional items which have proved helpful in deployed locations, such as raincoats, flashlights and skin-care lotions.

The A bag is a general purpose bag which includes a Kevlar helmet, web belt, body armor, sleeping bag, canteen kit, mess kit and other support items. The B bag is a cold-weather bag which includes a parka, gloves, boots and socks. The C bag is a chemical-defense bag which includes chemical warfare protective suit, protective mask, mask filters, gloves, hoods, boots and detection papers. The D bag is an aircrew chemical-defense bag and includes specialized in-flight protective equipment, such as coveralls and mask, mask filters, blower, gloves, hoods, boots, detection papers and kits.

“Know which bags you need, and have your mobility bags packed and ready,” Sergeant McMackin said. “We’re an expeditionary Air Force.” (Information source: Air Force Manual 10-100, “Airman’s Manual.”

Courtesy of U.S. Air
Forces in Europe
News Service)



Staff Sgt. Jessica Summerlin
47th Security Forces Squadron

Hometown: Ludlow, Mass.

Family: Dad, Mom, brother, three sisters, four cats, two dogs and too many fish to count

Time at Laughlin: 6 years, 5 months

Time in service: 7 years

Greatest accomplishment: Setting my education goals and keeping them

Hobbies: Painting, reading and traveling

Bad habit: Procrastinating

Favorite movies: All movies except scary ones

If you could spend one hour with any person, who would it be and why? I would like to spend more time with my Grandpa James. By the time he was able to come and visit I was too busy being a teenager to pay attention to him. He served in the Navy for 20 years, saw the world and did two back-to-back tours in Vietnam. He was a really great guy.

Photo by Airman 1st Class Olufemi A. Owolabi

Base library takes quantum leap into future

By Master Sgt. Tom Hankus
Public Affairs

The base library has taken a quantum leap into the future, going from where it was one year ago when the staff used a manual system of checking books in and out, to a completely automated system that offers a better, faster, and more comprehensive service for patrons.

With the new automated system, checkout time for books, periodicals, compact discs and cassettes, have been reduced by nearly 50 percent. In the past, the library staff checked everyone's library card manually. They ensured that the numerical designation on the spine of the publication matched the numbers printed on the due-date card and was tucked neatly into the book pocket. They told you how many days you could keep the publication, bid you farewell, and eventually you were on your way.

But with the new improvements, the process for checking out a publication that used to take up to five minutes, now generally takes about one minute (assuming you are a registered

borrower already), said Sue Blankemeyer, base librarian.

This change occurred as a result of a year's work by the Book Mark Library staff and base volunteers, who installed bar codes on each of the library's 21,000 books, periodicals, and audio items. Over one third of these bar codes were manually entered into the computer system, and today are essential to patrons quickly obtaining the library item they want.

Laughlin sent the majority of its shelf-list cards to a vendor as part of its retrospective conversion.

During this process, the vendor took the paper records and converted them to Machine Readable Cataloging records so the records could be added to the new system. The Library of Congress created the MARC system for book cataloging to allow libraries to download records into their online catalogs.

The library also participates in a nationwide interlibrary loan program, where if the patrons can request a publication not in Laughlin's inventory. It can be obtained in one to two weeks from another library. "The patron

needs to plan ahead, but if they can give us a little bit of time on the front end, we can generally make sure they get the publication they need when they need it," Ms. Blankemeyer said.

The Online Computer Library Center is the program used for interlibrary loans, and to determine what libraries have the books they need.

Laughlin patrons can also make use of the Online Patron Access Catalog, to search by simply putting in a key word/author/title/subject, and it tells the patron where in the library the particular publication is located. Patrons can also use the library's high-speed internet service provided by Park University, known as "Road Runner."

Laughlin also assists its patrons interested in taking advantage of the U.S. Air Force Education Center to prepare for numerous College Level Examination Program examinations, which offers a great opportunity to earn college credit without taking classes. The Library also has testing books, videos, and text books.

"The library's next goal is to create a library website, where patrons can have remote access to the OPAC

from anywhere, and check the availability of books, or reserve a particular publication online," Ms. Blankemeyer said. "The library already has web-based research programs for locating periodicals like newspapers and magazines online."

To access the Thomson Gale database, go to: <http://infotrac.galegroup.com/itweb/laug94378>; password: usaf. The site includes products such as ChiltonLibrary.com; InfoTrac OneFile; Student Resource Center – Gold; and the Health and Wellness Resource Center. The library offers different research programs to help with your studies. Demonstration of any of the databases is available at the library.

You can also request password and login information to these databases to access from your home or work.

The library offers access to eBooks, which are digital full-text versions of books such as reference works, scholarly monographs, literature and fiction at www.netlibrary.com.

For more information, call 298-5757.



Summer

Sun and heat ...

- Don't skip on the sun. Reapply it often.
- Drink water and lots of water.
- Avoid excessive use of alcohol. Dehydrate.
- Take it easy; avoid strenuous activity during the hottest part of the day.
- Know the signs and watch for heat-related illnesses.

Water safety

- If you're on a water craft, always wear your seat belt.
- If you're on a boat, always wear your life preserver.

Pet safety

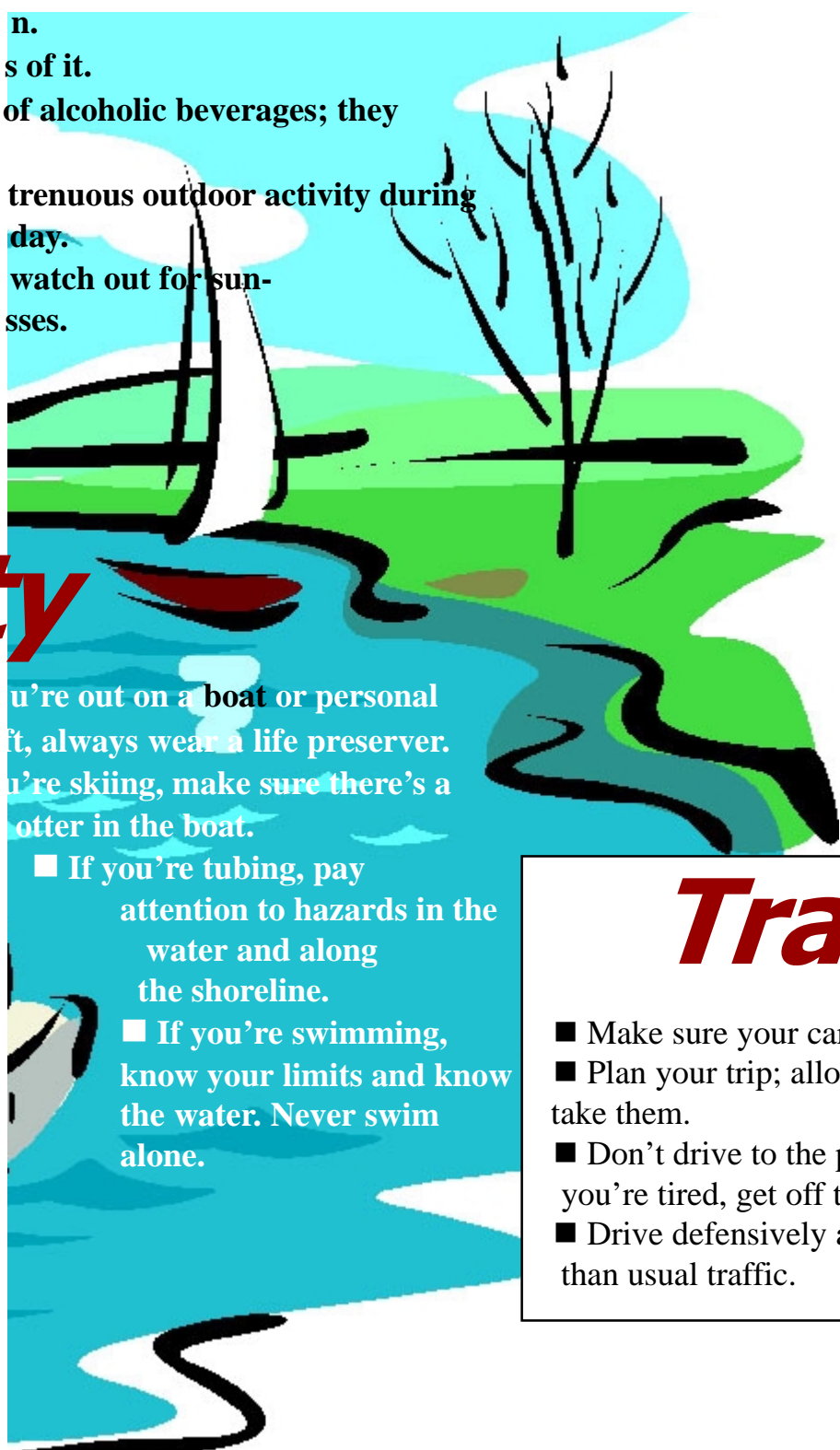
- Outdoor pets need lots of fresh water and shade.
- Don't take Fido to crowded summer events. The loud noises and crowds, combined with the heat, can be stressful and dangerous for him.
- Loud fireworks can terrify your pets. Make sure they're safe, penned up or in the house.



sunscreen; the higher the SPF, the
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of alcoholic beverages; they

trenuous outdoor activity during
day.
watch out for sun-
sses.



u're out on a boat or personal
ft, always wear a life preserver.
u're skiing, make sure there's a
otter in the boat.

- If you're tubing, pay attention to hazards in the water and along the shoreline.
- If you're swimming, know your limits and know the water. Never swim alone.

Recharge, relax and return safely

By Col. Tod D. Wolters
47th Flying Training Wing commander

This "Independence Day" weekend should afford all of us the opportunity to recharge our batteries and reflect on the great "freedoms" we enjoy.

As you "get around town," don't forget the basics.

- Wear your safety belt.
- If you're military and planning to travel more than 175 miles from Laughlin, complete an AETC Form 29B.
- Don't drink and drive.
- Don't drive sleep deprived.
- Stay off the cell phone

while driving.

- Utilize the buddy system if traveling to Acuña.
- Complete an accountability form if under the age 26 and be back in the U.S. by 1:30 a.m. regardless of age.
- If barbecuing, please ops check your gas grill.
- Store perishable foods in a cool place.
- Drink plenty of water.

Please enjoy the city's fireworks display "Let Freedom Ring" celebration at Moore Park. See page 16, "Around Town," for details.

Please remember fireworks are illegal on base and within the city limits of Del Rio.

Travel tips

- Make sure your car is in good working order.
- Plan your trip; allow for frequent breaks and take them.
- Don't drive to the point of exhaustion. If you're tired, get off the road.
- Drive defensively and be prepared for heavier than usual traffic.





Laughlin Salutes

July enlisted Promotions

To Master Sergeant:

- Reynaldo Almaraz, 47th Security Forces Squadron
- Dana Anderson, 47th Comptroller Squadron

Technical Sergeant:

- Walter Anderson, 47th Mission Support Group

To Staff Sergeant:

- Keith Combass, 47th SFS
- Joseph Crandall, 47th Civil Engineer Squadron

To Senior Airman:

- Juan Flores, 47th Operations Support Squadron
- Julie Greaser, 47th OSS
- Courtney Laurell, 47th Medical Operations Squadron
- Daniel Mattson, 47th Communications Squadron
- Kavita Singh, 47th MSG

To Airman 1st Class:

- Brittany Cobb, 47th Aero-

medical-Dental Squadron

- Julian Hobson, 47th OSS
- Jonathan Parker, 47th OSS

- Janessa Perugini, 47th ADS
- Gregory Sevier, 85th Flying Training Squadron
- Brad Shinn, 47th ADS
- William Morgan, 47th CES

July re-enlistees:

- Master Sgt. Tracy Patterson, 47th MDOS

- Staff Sgt. Jason Riter, 47th CS

Senior Airmen:

- Gregory Birdsong, 47th OSS
- Sheila Nadziela, 47th MDSS
- James Boone, 47th OSS

Airmen Leadership School Awards

John Levitow:

- Senior Airman Cheneldra Moore, 85th FTS

Academic Award:

- Staff Sgt. Marina Ramos, 47th SFS



Recycle
this
newspaper



Photo by Airman 1st Class Olufemi A. Owolabi

A day on the lake SCUBA diving...awesome; a coin from the Wing Commander...great; saving a buddy’s marriage...priceless.

Capt. Rob Pekarek (from left) may owe his marriage to Capts. Steve Ketchum and Joshua Ney. On June 18, while swimming in 90-feet-deep water at Lake Amistad, Captain Pekarek lost his watch and his wedding band. He figured he’d never see either again, but knew he had to try. Enter two pilots from the 87th Flying Training Squadron, both SCUBA qualified, who dove to the rescue. Much to everyone’s surprise, the divers found the ring and the watch within five minutes June 22 on a rock ledge at 35 feet below the surface, just inches away from a drop to 90 feet of tree-filled murky water. For their efforts and for exemplifying the best of Team XL, Col. Tod Wolters (far right) gave each a wing coin Monday.

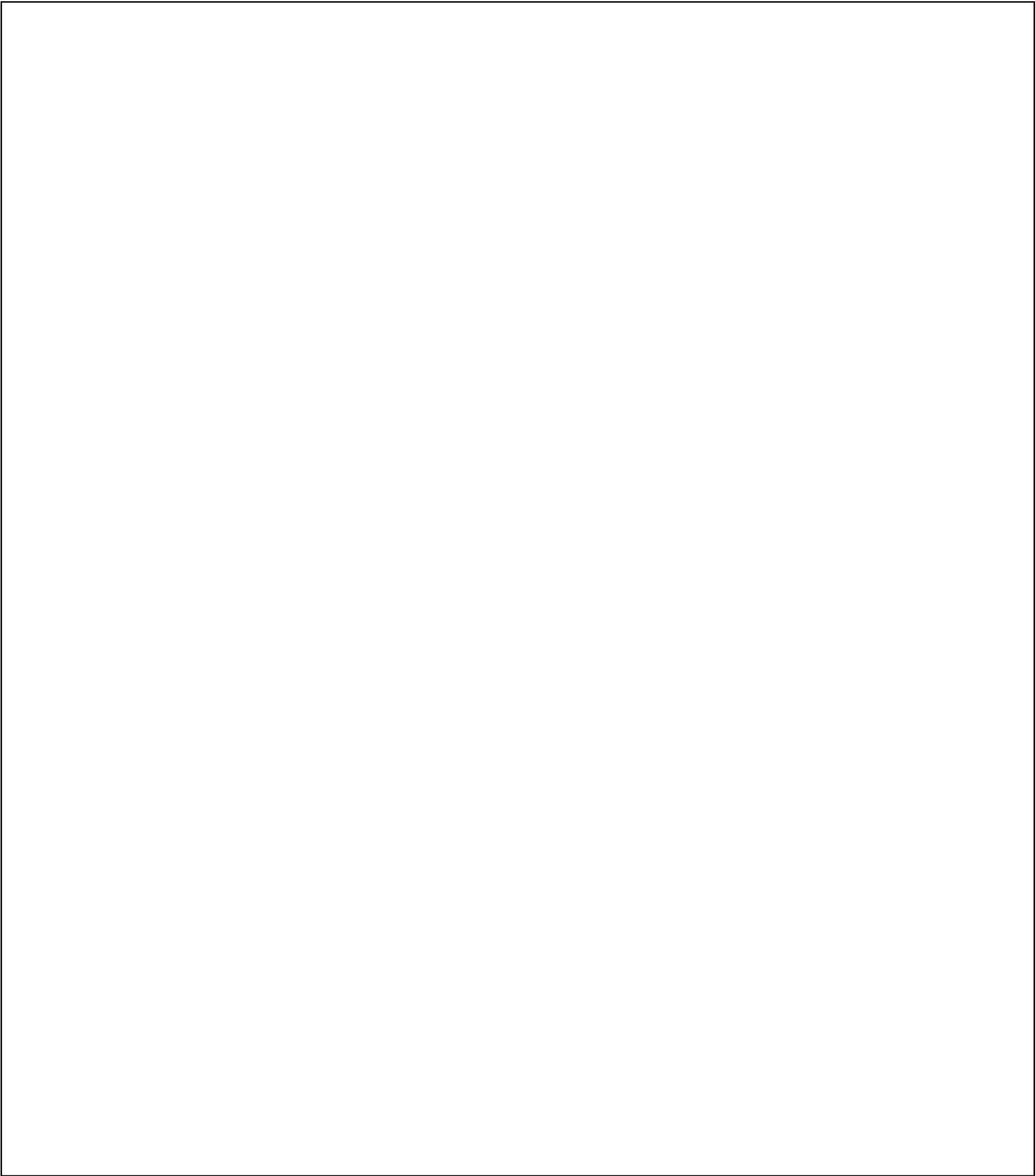
**Laughlin Family Support
Center**

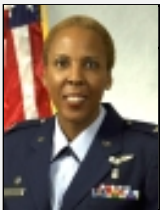
Monday through Friday: 8:30 a.m.
to 4:30 p.m.
298-5620

**Interested
in the Air
Force?**



*Call Del Rio’s
Air Force
recruiter at
774-0911.*





What's up Doc?

By Col. Laura Torres-Reyes
47th Medical Group commander

Question: Obviously, being fit to fight is all about staying healthy if at all possible. We're just finishing up men's health month. What are some tips for guys who want to stay healthy?

Answer: I'm glad you asked. Men's Health Month was a great way to get men to focus on taking control of their health. Almost all the major diseases that impact men can be prevented by lifestyle and dietary changes. There are also simple medical tests like Prostate Specific Antigen and colonoscopy that can detect prostate and colon cancer early enough to dramatically increase the likelihood of being a cancer survivor.

Wellness is more important than ever. Here are some facts from the Centers for Disease Control that might make you sit up and take notice.

■ Heart disease is the leading cause of death among men in the United States. Every 29 seconds, someone in this country experiences a coronary event, and about every minute, someone dies from one.

■ Men are 30 percent more likely to suffer a stroke than women.

■ Nearly 85 percent of lung cancers in men worldwide are related to smoking. As soon as you stop smoking, your lungs begin to repair themselves. After 10 years, your risk of lung cancer drops to 30 to 50 percent of that of smokers who didn't quit, and after

15 to 20 years, the risk becomes similar to someone who never smoked.

■ Men who watch television for three or more hours per day are twice as likely to be obese as men who watch for less than an hour.

■ Overall, seven out of 11 adults visiting doctors are women - despite the fact that men die younger than women.

■ Thirty-three percent of cancer deaths might have been prevented through dietary changes.

■ Men who consume between two and six drinks per week have nearly half the risk of death as men who consume two or more drinks per day.

■ In a recent study, the most sexually active men had a 50 percent lower mortality rate than the least sexually active men.

■ In a recent survey, nine in 10 individuals reported feeling stress on a regular basis.

There are some pretty sobering statistics in these lists, but if you notice, many of them can be affected by your behavior. If you smoke, quit. Get up off the couch and get some exercise. Eat right. Need help? Our HAWC staff is there for you. Wellness is something you have to plan and work towards.

Don't wait until it's too late!

Thanks for your question!

You may contact Colonel Torres-Reyes at laura.torres-reyes@laughlin.af.mil if you have a What's Up Doc? question.